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When your liver becomes sluggish and inactive, the bowels become constipated, the tongue becomes coated, the breath bad, the stomach foul and sick, and bilious spells occur on account of the liver holding back the bile which is so essential to promote the movement of the bowels, and the bile gets into the blood, instead of passing through the usual channel.

The only proper way to keep the liver active and working properly is to keep the bowels regular by using Milburn's Laxa-Liver Pills. They work smoothly and gently, and do not gripe, weaken and sicken as so many laxative pills do.

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WHAT OF THE GARDEN?

By Allan Campbell

At this time of year, the seed catalogues are making their appearance in the various homes throughout the country, and there is usually much deliberation on the plans for the season. It is better to choose varieties of proven merit than to fill our garden with plants of doubtful reputation. One of the main considerations of the present time is this: how much time can we spare for gardening this year? It is better to undertake a small area in order that it may be well worked and have good attention than to attempt to skim the surface of what in course of time becomes an irksome task. The question is not so much, how much one can grow, but rather, how much one can conveniently harvest and utilize.

For a small area it is better to get a collection of the most necessary vegetables, such as potatoes, cabbages, corn, onions, peas, etc., and leave out the risky undertakings unless one has an experimental patch where these may be tried without cutting too much into one's time and wasting good land. The past two dry years have gone a long way to prove the fact that, in the absence of moisture, extra cultivation is a needful practice. A little attention daily is better than leaving the young plants for a number of days and then making up for lost time. In the latter case an insect pest may have made considerable headway in destruction without being detected.

There are many very good varieties that do well in the West, but it is those

several kinds of vegetable plants more likely to be injured by frost than peas. Among some of the best varieties may be numbered such ones as Gradus, Advancer, Stratagem, Thos. Laxton, Rivenhall Wonder, Sutton Excelsior, Premium Gem.

Onions are a valuable adjunct to the kitchen, and many a made-up dish is embellished by their presence. The following have justified themselves: Danvers Yellow Globe, Large Red Wethersfield, Extra Early Red, Yellow Globe, Red Globe, White Globe.

Home Economic Societies

News Notes From Many Institutes

The winter has been a most discouraging one in some ways on account of the health conditions prevailing, which have prevented the societies meeting as frequently as they wished. Notwithstanding this fact, in looking over the reports which have come in, we find some very interesting items. Some of the outstanding ones are here given.

Austin.—Has decided to adopt a French war orphan as their special charge for the next two years. They are also taking steps to have a district nurse established in their community.

Arnaud.—Reports having a number of talented members who favor them with items at their regular meetings. They



Community Picnic, Gladstone, Man. What fun the grown ups can have too. They think they are young again.

with the best records covering a number of years in this country that should be adopted as reliable. In potatoes among the best varieties for the West under the above conditions and especially for Manitoba, are the following: Wee McGregor, Gold Coin and Empire State; these are main crop varieties. In early potatoes the Early Bovee is a very desirable variety; the Early Ohio and Early White Prize are also to be recommended. Potatoes should be planted in well prepared soil which, being loose, permits the tubers to develop a perfect form. In soil which is too stiff, the potatoes lose their shape. They should be planted in May when the danger of severe frost is past.

Corn attains a great degree of excellence in the variety known as Golden Bantam. This variety is tender and of a delicious flavor and places itself a long way ahead of the other varieties in order of merit. Of course there are earlier varieties, and if one wants to get corn on the table fairly early, Squaw corn will prove satisfactory for that purpose. The next in order of maturity is the Malakoff, and then after that will come Golden Bantam, and well worth waiting for.

There are encouraging possibilities in the production of good specimens of cabbages in this country, and among the most successful kinds that appear to have come to stay are, Early Paris Market, Copenhagen Market, Early Jersey Wakefield and Flat Swedish.

Peas are a very acceptable vegetable, and have proven successful. There are

have a large number of girl members, and these girls often render choruses at the meetings. After their February meeting their president gave a Valentine tea. At their March meeting they had a meat canning demonstration, and the roll call was responded to with Irish jokes.

Basswood.—Remembers all who are sick, whether they are members of the society or not. Their sympathy is expressed by sending flowers.

Balmoral.—Is much interested in village improvement and they are taking steps to establish a park this year.

Beulah.—Has started having community singing at each meeting, and finds it most enjoyable. They are making arrangements to install a McGill travelling library in their community.

Burnside.—Is interested in the Children's Aid Society, also a keen interest is taken in public matters.

Crandall.—Is keenly interested in boys' and girls' club work, and is assisting in the local club in every way possible. They have installed a "hot lunch outfit" in the school, and are making an effort to have a gymnasium installed in the basement of the high school.

Dugald.—Is interested in the Winnipeg Children's Aid Society. A plan-

tion of \$50.00 and four quilts is the start for this year's work. Socks to Tuxedo and 12 dozen eggs to the Military Convalescent Home are other generous contributions.

Dauphin.—Has opened a new rest room. The Rural Council gave generous support, granting \$1,500.00. The Town Council paid for the furnishing of the room.

Edrans.—Is planning to establish a library, and is also interested in boys' and girls' club work. They are planning to organize a club this spring.

Emerson.—Is so busy that they keep their local paper supplied with interesting news notes. They find their new rest room a very enjoyable social centre for Saturday afternoon teas. They give generous help to Red Cross, Belgian Relief, the Khaki Home in Winnipeg and other worthy causes.

Eden.—Is interested in the live topic of conservation of health, particularly with reference to child welfare. They are studying the subject of suitable recreation for their young people.

Flee Island.—Is considering securing a bronze tablet as a memorial to their soldier boys.

Gimli.—Has given a contribution to Serbian relief. They are making arrangements to provide accommodation for returned disabled soldiers for the summer months.

Lyleton.—Has responses to the roll call taking the form of a quotation from Longfellow or Tennyson. They are planning to establish a boys' and girls' club, and are assisting the local girls' basketball club.

Minnedosa.—Has moved its rest room to newer and better quarters. They received increased grants and have demonstrated that the rest room is a most valuable asset to their community.

Manitou.—Is interested in improving the sanitary conditions of their town, and also hope to reopen their rest room.

Morris.—Receives the interest and support of their local paper, which they acknowledged by sending a letter of appreciation and a cheque after their annual meeting. They have forwarded a box of provisions to the Winnipeg Children's Aid.

Melita.—Had the members of their boys' and girls' club entertain them at one of their meetings. The meeting was pronounced a great success.

Pilot Mound.—Is discussing a community centre. They have been allotted the care of Birch River S.D. as their special charge.

Rosser.—Supports two French war orphans, and have organized a boys' and girls' club in their locality.

Rivers.—Has forwarded a box of clothing to the Salvation Army, Brandon, also clothing for "French refugees." They have appointed special committees for special work, such as rest room, floral, reception and library committees.

Roland.—Has adopted a French war orphan. They have donated \$10.00 to their boys' and girls' club as well as \$50.00 to the Serbian relief.

Shellmouth.—Had children's sayings in response to the roll call at one of their meetings. These were most entertaining and called forth great applause. They are interested in a war memorial, and called a public meeting to discuss the subject.

Treherne.—Has adopted two French war orphans.

Transcona.—Had a style show after their short course in dressmaking. The last evening of the course they had a public entertainment. Those who attended the classes wore the garments they had made, and a most enjoyable programme was provided. The evening was voted a very great success.

Useful in Camp.—Explorers, surveyors, prospectors and hunters will find Dr. Thomas' Eucalypti Oil very useful in camp. When the feet and legs are wet and cold it is well to rub them freely with the Oil and the result will be the prevention of pains in the muscles, and should a cut or contusion, or sprain be sustained, nothing could be better as a dressing.